

EGYPT—Background

Dining Egyptian style you will find the food is set in the middle of the table at the beginning of the meal. If no silverware is provided, use your bread as a combination fork and spoon. Guests are not expected to clean their plates, and you'll need to refuse more than once to convince your host that you really can't eat anymore.

Complimenting the hostess on her cooking skills as well as (for women) asking her for recipes are in good taste and appreciated. After dinner, guests remove from the dining room to drink mint tea or coffee. Wait at least a half-hour from the end of the meal before you leave; compliment the cook again, and extend your thanks (alf shokren).

Rice and bread form the bulk of Egyptian main courses, which may be served either as lunch or dinner. For most Egyptians, meat is a luxury used in small amounts, cooked with vegetables, and served with or over rice.

A delectable treat in Egypt are the fresh fruit juices (asiir) available at small stalls throughout Egypt.

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EGYPT— Food Lab #1

Name of Recipe: **Kebabs**

Grocery & Equipment Lists

What to Buy:

Pita pockets (1/2 pocket per person)
Round steak (1 1/2 oz. per person)
Cherry tomatoes (2 per person)
Mushrooms (2-3 per person)
Broccoli (2 florets per person)
2 onions
1 cucumber
1/4 cup vinegar
1/4 cup soy sauce
1/4 cup brown sugar
1 tablespoon oil
1 cup yogurt
1 crushed garlic clove
1/2 teaspoon crushed coriander seed
1/4 teaspoon crushed red pepper

Equipment needed:

Bamboo skewers (soak in water for 20 min.)
Cutting board
Kitchen knife
Barbecue grill or oven broiler
Bowl to marinate meat
Measuring cups
Measuring spoons

Marinade: 1/4 cup vinegar, 1/4 cup soy sauce, 1/4 cup brown sugar, 1 tablespoon oil. Combine all ingredients.

Prep: Slice meat in 1/4" strips. Place meat in bowl and cover with marinade. Let mixture set for 2 hours in the refrigerator. Skewer meat and vegetables onto bamboo stick and cook for approximately 6-8 minutes. Place grilled meat and vegetables in pita pocket and serve with Spicy Yogurt Sauce.

Spicy Yogurt Sauce: In small bowl, stir together 1 cup plain yogurt, 1 peeled and chopped cucumber, 1 crushed garlic clove, 1/2 teaspoon crushed coriander seed, 1/4 cup minced red onion and 1/4 teaspoon crushed red pepper. Cover and refrigerate until ready to serve.

A job for everyone: All food preparers must wash hands. Assign one student to slice the meat and another to prepare the marinade. Several students can wash the vegetables, separate broccoli florets, peel and chop the cucumber and quarter the onions. One student can mince 1/4 cup of the onion and another cut the pitas in half. Assign one student to prepare the Spicy Yogurt Sauce. After the meat has set for 2 hours or whenever ready, each student can prepare their own kebab and cook.

Note: Egyptians often use bread in place of forks and spoons.

EGYPT—Food Lab #2

Name of Recipe: **Fruit Smoothy**

Grocery & Equipment List:

What to Buy:

1 small can frozen juice (orange,
strawberry, pineapple etc...)
1 cup skim milk
1 cup water
1/2 cup of fresh fruit (strawberries,
kiwis, mangoes, etc...)
1 teaspoon vanilla
1/4 cup sugar
12-14 ice cubes

Equipment:

Blender
Measuring cup
Measuring spoon
Small paper or plastic cups

Prep: Place all ingredients in blender and blend till smooth. Serves 4, 1-cup servings or 8, 1/2 cup servings.

Egypt – Activity #1

They Egyptians built the great pyramids.

In America, we have an important pyramid too – the mypyramid from the USDA.

The website at www.mypyramid.gov has a wealth of information available.

Check out the following 2 resources:

Mypyramid Plan

Have each student prepare their own “mypyramid plan”. They will be able to get personalized results based on their height and weight. An estimate of what and how much they should eat will be provided. By entering age, sex, height, weight and level of physical activity, a personal eating plan will be provided. See an example of what they will receive on the next page.

Mypyramid Tracker

Students can check out an in-depth assessment of their quality of diet and physical activity status. Students can type in what they’ve eaten for the day and see how it matched to the dietary guidelines, what their nutrient intakes were for the day, and a comparison. See copies of an example of the information they will receive on the next page.



United States Department of Agriculture

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MyPyramid Plan

Eat these amounts from each food group daily. This plan is a **1800** calorie food pattern. It is based on average needs for someone like you. (A **16** year old **female**, **5** feet **5** inches tall, **150** pounds, physically active **less than 30 minutes** a day.) Your food needs also depend on your rate of growth and other factors. See a health care provider who can track your height and weight over time to identify your specific needs.

▶ Grains ¹	6 ounces	tips
▶ Vegetables ²	2.5 cups	tips
▶ Fruits	1.5 cups	tips
▶ Milk	3 cups	tips
▶ Meat & Beans	5 ounces	tips

Click the food groups above to learn more.

¹ Make Half Your Grains Whole

Aim for at least 3 whole grains a day

² Vary Your Veggies

Aim for this much every week:

Dark Green Vegetables = 3 cups weekly
 Orange Vegetables = 2 cups weekly
 Dry Beans & Peas = 3 cups weekly
 Starchy Vegetables = 3 cups weekly
 Other Vegetables = 6 1/2 cups weekly

Oils & Discretionary Calories

Aim for 5 teaspoons of oils a day

Limit your extras (extra fats & sugars) to 195
 Calories

Physical Activity

Physical activity is also important for health. You should get at least 60 minutes of physical activity most or all days. Click here to learn more about physical activity and health.



View, Print & Learn More:

- ▶ Click here to view and print a PDF version of **your results**.
- ▶ Click here to view and print a PDF of a helpful **Meal Tracking Worksheet**.
- ▶ For a more detailed assessment of your diet quality and physical activity go to the **MyPyramid Tracker**.




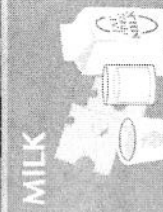


You will need the free Adobe Acrobat Reader plug-in to view and print the above PDF files.



MyPyramid Worksheet

Check how you did today and set a goal to aim for tomorrow

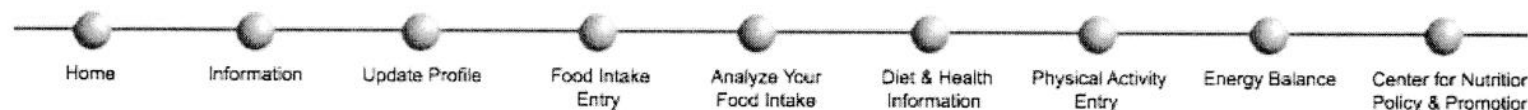
Write in Your
Choices for Today

Food Group	Tip	Goal Based on a 1800 calorie pattern.	List each food choice in its food group*	Estimate Your Total
 GRAINS	Make at least half your grains whole grains	6 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta, or cereal)		ounce equivalents
 VEGETABLES	Try to have vegetables from several subgroups each day	2 1/2 cups Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies		cups
 FRUITS	Make most choices fruit, not juice	1 1/2 cups		cups
 MILK	Choose fat-free or low fat most often	3 cups (1 1/2 ounces cheese = 1 cup milk)		cups
 MEAT & BEANS	Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds	5 ounce equivalents (1 ounce equivalent is 1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, 1/2 ounce nuts, or 1/4 cup dry beans)		ounce equivalents
 PHYSICAL ACTIVITY	Build more physical activity into your daily routine at home and work.	At least 60 minutes of moderate to vigorous activity a day, 10 minutes or more at a time.	*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.	minutes

How did you do today? ☐ Great ☐ So-So ☐ Not so Great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____



The 2005 Dietary Guidelines (DG) Recommendations for DarleneCh on 6/13/2007

Click directly on the 😊 😐 😞 emoticon (face) for more detailed dietary information.

Dietary Guidelines Recommendations	Emoticon	Number of cup/oz. Equ. Eaten	Number of cup/oz. Equ. Recommended
Grain	😊	8.9 oz equivalent	8 oz equivalent
Vegetable	😊	4.5 cup equivalent	3 cup equivalent
Fruit	😐	0 cup equivalent	2 cup equivalent
Milk	😐	1.8 cup equivalent	3 cup equivalent
Meat and Beans	😐	4.2 oz equivalent	6.5 oz equivalent

Dietary Guidelines Recommendations	Emoticon	Amount Eaten	Recommendation or Goal
Total Fat	😐	36.9% of total calories	20% to 35%
Saturated Fat	😐	10.2% of total calories	less than 10%
Cholesterol	😊	152 mg	less than 300 mg
Sodium	😐	3711 mg	less than 2300 mg
Oils	*	*	*
Discretionary calories (solid fats, added sugars, and alcohol)	*	*	*

* Calculations for oils and discretionary calories from foods are under revision.

[More information about the Dietary Guidelines for Americans 2005](#)
 (To view this document you need [Adobe Acrobat Reader](#))

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United States Department of Agriculture
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MyPyramid Tracker



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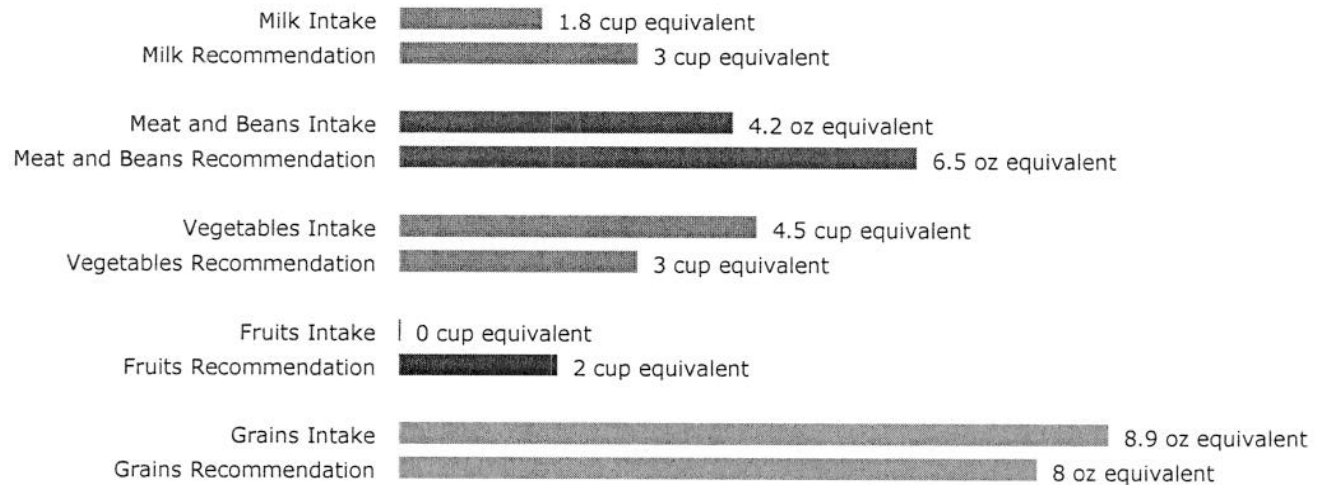
Physical Activity
Entry

Energy Balance

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Comparison of Your Intake with MyPyramid Recommendations for DarleneCh

Your Pyramid Stats



Pyramid Categories	Percent Recommendation
Milk	60%
Meat and Beans	65%
Vegetables	150%
Fruits	0%
Grains	111%

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ITALY - Background

Italy consists of 20 regions. In the northern regions, butter and rice are common ingredients. In the southern region, olive oil and tomatoes are the common ingredients. Cheeses are a very important part of Italian life and are a national product. There are hundreds of wonderful cheeses made not only from cow's milk but also from the milk of goats, ewes, and water buffalo.

Italians eat a simple breakfast. The main meal of the day is usually served around 1:00 with a light supper around 8:00. Usually an Italian meal ends with an assortment of fresh fruit and a cheese or two.

Pizza:

When people think of Italian food, they often think of pizza and pasta. But pizza did not come from Italy. Pizza probably came from ancient Egypt, where they made flatbreads. Pizzas are baked plate size and eaten with a knife and fork. There is no home delivery. Everyone goes to the Pizzeria; more people go on Sunday night than any other night in the week.

Classic Italian pizzas (to name a few):

Marinara-tomato, garlic, oil and oregano

Napoletana-tomato, mozzarella, anchovy, oregano and oil

Quattro Stagioni-tomatoes, mozzarella, artichoke hearts, prosciutto, mushrooms, olives and oil. This pizza is divided into four parts representing the four seasons.

Sarda-tomato, mozzarella, hot sausage, ricotta and oil

Gelato (jah-LAH-to)

Gelato is similar to Ice Cream. It is generally richer tasting and creamier in texture to Ice Cream. This is actually achieved by using less fat, more or stronger flavorings and less air whipped into the gelato.

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Italy – Food Lab # 1

Name of Recipe: Gelato-in-a-Can

1/4 cup egg substitute or 1 pasteurized egg*
1/4 cup + 2 Tbsp sugar
1 1/4 cup skim milk
1/2 tsp vanilla
1 large banana, mashed**
Rock salt
Crushed ice
1 lb. can with lid
3 lb can with lid
Duct tape

1. Beat egg substitute in the small can. **Do NOT use raw eggs. Salmonella bacteria may be present. Use only pasteurized eggs or egg substitute. Add sugar, milk and vanilla. Beat well. Stir in banana. (Strawberries, peaches, pineapple or other fruit can be substituted.)
2. Cover can with aluminum foil and put on lid. Place small can inside large can. Layer ice and salt around small can until full. Put lid on large can. Duct tape shut. Roll can 10-15 minutes.
3. Carefully remove lids and foil so salt water does not get into ice cream. Carefully replace foil and lids and roll for 5 more minutes. Remove lids and foil carefully.

Alternative Recipe - Gelato-in-a-Bag

quart size zip-lock bags
gallon size zip-lock bag
1/8 cup egg substitute
1/8 cup + 1 Tbsp sugar
2/3 cup skim milk
1/4 tsp vanilla
1/2 large banana, mashed**
Rock salt
Crushed ice

1. Place egg substitute in quart bag. Seal closed; release extra air. "Beat" by hand.
2. Add sugar, milk and vanilla. Close bag; release extra air. Beat again.
3. Add banana or other crushed fruit. Close bag; release extra air. Mix thoroughly.
4. Place bag inside another quart size bag. By double-bagging, you are minimizing the risk of getting salt and ice cream mixed.
5. Place double-bagged mix into gallon size bag. Fill bag with ice. Sprinkle small amount of rock salt on top. Release extra air. Close bag.
6. Wrap the bag in a towel or wrap with 2 layers of newspaper. Duct tape the paper closed. The newspaper or towel act as insulators. Shake, making sure the ice surrounds the gelato mixture. Shake and mix for 5-10 minutes until solidified.
7. Remove quart bag from gallon bag. Rinse with water. Enjoy!

Italy – Food Lab # 2

Bread in a Bag

2 cups all-purpose flour
1 package rapid rise yeast
3 tablespoons sugar
3 tablespoons nonfat dry
milk powder
1 teaspoon salt
1 cup hot water (125-130°
F)
3 tablespoons vegetable oil
1 cup whole wheat flour

1. Combine 1 cup of the flour, undissolved yeast, sugar, dry milk, and salt in a 1 gallon heavy duty freezer bag with a zipper lock. Squeeze upper part of bag to force out air. Shake and work bag with fingers to blend ingredients.
2. Add hot water and oil to dry ingredients. Re-seal bag. Mix by working bag with fingers. Add whole wheat flour; re-seal bag and mix thoroughly. Gradually add enough remaining all-purpose flour to make a stiff dough that pulls away from the bag.
3. Take bread from bag and place on a floured surface; knead dough 2 to 4 minutes, or until smooth and elastic. Cover dough and let it rest for 10 minutes. Roll out dough to a 12x7 inch rectangle. Roll up from narrow end. Pinch to seal. Place in a greased loaf pan and let rise 20 minutes or until double in size. Bake at 375° F for 30 to 35 minutes or until brown.

Variations:

Breadsticks- Add 1.2 cup rolled wheat or other rolled grain to bag after mixing in wheat flour. Then, gradually add enough all-purpose flour to make a stiff dough. Roll out dough in a rectangle ½ inch thick. Cut dough into strips ¾ inch wide. Twist strips while placing on baking sheet. Bake at 375° F for 15 minutes or until brown.

Cinnamon Rolls- After kneading allow dough to rest for 10 minutes. Roll dough into 12x7 inch rectangle on floured surface. Spread ¼ cup margarine on dough. Sprinkle with ½ cup sugar and 2 teaspoons cinnamon. Add ½ cup raisins or chopped nuts if desired. Roll up dough and seal edges. Cut into 1 inch slices. Place in greased baking pan. Cover; let rise 20 to 30 minutes. Bake at 375° F for 20 to 25 minutes or until golden brown. Remove from pan. Makes 12 rolls.

Rolls- After kneading, allow dough to rest for 10 minutes. Roll out dough to ½ inch thickness. Use a round cookie cutter or biscuit cutter to make rolls. Place on greased cookie sheet and bake at 375° F for 12 to 15 minutes.

Pizza Dough– Roll bread dough on a round pizza pan. Lightly brush with olive oil. See pizza recipe.

Italy – Food Lab #2 continued

Name of Recipe: Vegetable Pizza

1 recipe bread-in-a-bag or 1 loaf frozen bread dough, thawed

1 can tomato paste

1 pkg. shredded mozzarella cheese

Broccoli

Pepper

Onions

Other veggies

Olive oil

1. Roll bread dough on a round pizza pan. Lightly brush dough with olive oil.
2. Spread tomato paste on dough, cover with shredded cheese.
3. Clean and slice veggies. Arrange vegetables on pizza.
4. Bake in 425° oven for 20 minutes.

Serves 4-6.

Yeast—Activity #1

Determining best temperature

Materials needed:

3 clear glass cups

Sugar

Yeast

Activity:

Put 1/2 teaspoon dry yeast in each of four glass cups.

To the first cup, add 1 tablespoon warm water.

To the second cup, add 1 tablespoon boiling water

To the third cup, add 1 tablespoon warm water and 1/4 teaspoon sugar. Stir until the sugar dissolves. Then add yeast.

Label cups 1, 2, and 3. Let cups sit for 30 minutes.

What happened in each cup? Which cup or cups look the same as when you started? Which cup or cups look different?

What happened?

The sugar solution provides the food and water for the yeast to activate and start growing and multiplying. During this process of fermentation, sugar is broken down into alcohol and carbon dioxide. It is the carbon dioxide that produces the bubbles you see. It's these same bubbles that cause bread dough to rise and double in size. The alcohol evaporates during baking.

Fermentation:

Materials needed:

Balloon

Clear plastic or glass pop bottle (need a bottle with a narrow neck)

1/2 teaspoon yeast

Sugar

Warm water

Activity:

Place warm water and sugar in bottle and shake until sugar dissolves. Add yeast and swirl bottle gently. Place balloon over the neck of the bottle. Wait for 15-20 minutes. What's happening. The balloon expands as the carbon dioxide is released from the growing yeast. Eventually, the yeast will exhaust its food supply and quit growing, and the balloon will deflate.

HANDWASHING—Activity #2

Supplies Needed:

Glitterbug Potion
Black light
Nail brush

Activity:

Ask why hand washing is important. You will receive a variety of answers. Repeat answers to reinforce message. Ask students to look at their hands and ask if they see any germs on their hands. Germs are too small for our eyes to see. Apply Glitterbug lotion (this is the lotion which rubs in just like regular lotion not the orange greasy lotion) to each student's hands. Instruct them to rub the lotion all over their hands. Now ask them if they see anything different. Have each student view hands under the black light. They should see the lotion which was applied to their hands. Emphasize what they are seeing is the lotion which is to **represent germs, not real germs.**

Hand washing sounds as basic as brushing our teeth. But are you taking the time and washing thoroughly? Washing hands properly include:

- ☞ Use warm water and soap to create a sudsy lather on your hands.
- ☞ Wash hands thoroughly for approximately 20 seconds.
- ☞ Be sure to scrub between fingers and around finger nails. A hand brush works well to eliminate dirt under and around fingernails.
- ☞ Rinse hands thoroughly with warm water.
- ☞ Finally, dry hands completely on clean paper towels or your own personal towel. Cloth towels used by others may spread germs.

Instruct students to wash hands as outlined above. After students have washed their hands, compare under the black light. Point out hard places to wash; fingernails, wrinkles of skin, wrists.

Reinforce message of using warm water, soap, and a nail brush for fingernails.

Finally ask when should we wash our hands?

- ☞ Wash hands before preparing and eating food.
- ☞ Especially important to wash after handling raw meat, fish, poultry, eggs
- ☞ Using bathroom facilities
- ☞ Blowing your nose, coughing, or sneezing into hands
- ☞ Touching a cut or open sore
- ☞ Wash hands after touching pets/animals.
- ☞ Using items after another person

MEXICO—BACKGROUND

Today most Mexicans are descended from both Spanish and Indian ancestors, and they have inherited the customs and traditions of two very different civilizations. The food of Mexico is varied and flavorful.

Corn, tomatoes, squash, avocados, many varieties of beans and peppers are important foods for the Mexican diet. Another food that ancient Mexicans gave to the world was chocolate. Chocolate beans were sometimes used as money, and the bitter drink made from them was considered sacred and reserved only for priests and rulers. Of all the foods native to Mexico, corn is the most popular and most important.

Another important food item is the chile pepper. Chile peppers come in many sizes, colors, and flavors. Some are mild and others will make your eyes water just to smell them. The jalapeno (hah-la-PEH-nyoh) pepper is commonly known in America. Other varieties include the poblano (poh-BLAH-noh), and serrano (seh-RRAH-noh) peppers which give special flavors to Mexican dishes.

People in Mexico often go to open-air markets or mercados (mer-KAH-dohs) to shop for fresh fruits or vegetables. Open-air markets have existed in Mexico for centuries and continue to be an important part of Mexican life.

For people who work in the fields, breakfast comes early at 5:00 a.m. For city people, breakfast can be between 7 or 9 a.m. Breakfast is usually simple consisting of café con leche (coffee mixed with hot milk) and a sweet roll or hot chocolate or a hot cornmeal drink called atole (ah-TOH-lay). Often a second breakfast is eaten later in the morning and is heartier than the first breakfast where fruit, tortillas, beans may be served. The main meal of the day is eaten between 2-5:30 p.m. The tradition of eating a large meal in the afternoon is part of Mexico's Spanish heritage. Modern life makes it difficult to eat a large meal for many people who work in offices or factories. Traditionally, Mexicans eat a very light meal at night. The everyday evening meal, called the merienda, is served in the early evening, around 6 or 7 p.m. A more formal supper served later in the evening, sometimes as late as midnight, is called a cena. The cena is more formal and guest may be invited or a birthday celebrated.

Refried beans are served at almost every meal in Mexico. The beans are not really fried twice as the name may suggest, but are actually cooked or heated twice. "Taco" actually means "snack" in Spanish, but is used to refer to a particular dish. The corn tortilla accompanies almost all Mexican meals, as either the bread or part of the main dish.

Source: Coronado, Rosa., Cooking the Mexican Way, 1982.

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Mexico – Food Lab #1

Name of Recipe: Home-made flour tortillas

3 cups Master Mix

1 1/2 cup flour

1 1/2 cup warm water (approximate)

Combine Master Mix, flour and salt in a medium sized bowl. Add warm water and mix to form a soft dough. Knead 8-10 minutes on a floured board until dough is smooth and elastic. Let rest for a few minutes. Divide dough into 16 pieces. Let dough rest 10-12 minutes. Roll each small ball until very thin. Bake on heated, ungreased grill until cooked, but still pliable (about 30-45 seconds per side). Unused tortillas can be stored in a plastic bag in the refrigerator for several weeks or for up to three months in the freezer.

Makes 16 tortillas.

Name of Recipe: Master Mix

8 cups unsifted enriched flour

1/4 cup baking powder

3 tablespoons sugar

1 1/3 cups nonfat dry milk powder

3/4 - 1 cup canola oil

1. In larger bowl, combine flour, baking powder, sugar, salt, and dry milk powder.
2. Drizzle oil over dry mixture; cut in with pastry blender or fingers until it resembles coarse cornmeal.
3. Store in covered container in refrigerator.

YIELD: Approximately 10 cups. Keeps about 3 months in refrigerator.

NOTE: To measure MIX for recipes, stir lightly, pile into cup (do not shake), and level off.

Variations:

Whole Wheat Master Mix: use 4 cups white flour and 3 3/4 cups unsifted whole wheat flour. Keep refrigerated.

Margarine or Butter Master Mix: Reduce salt to 2 teaspoons. Use 3/4 cup butter, margarine, or shortening in place of canola oil. If using margarine, choose one which lists a liquid vegetable oil as first ingredient for more polyunsaturates. Keep refrigerated.

Mexico – Food Lab #2

Name of Recipe: Easy Corn Tortillas

1 1/2 cups all-purpose flour
1 1/2 cups cornmeal or corn flour
2 tsp. baking powder
3/4 tsp. salt
1 cup warm water (110 degrees F)

1. In a large bowl, stir together the flour and cornmeal or corn flour.
2. Add baking powder and salt, mix well.
3. Stir in water to form crumbly dough.
4. Work dough with your hands until it holds together. On a floured surface, knead dough until smooth. Divide dough into 10 to 20 pieces.
5. Roll each into shape of ball. Cover lightly with plastic wrap and let rest for 10-15 minutes.
6. Flatten each piece of dough by hand, then roll into a 8-9 inch round.
7. Heat a large skillet over medium heat. Lightly grease the hot pan and place one tortilla in the pan. Cook until light brown, turning to ensure equal browning.
8. Repeat with remaining dough.

Name of Recipe: Breakfast Burritos

Grocery & Equipment Lists

What to Buy:

Eggs (4 large)
Sausage (2 oz.)
Tomato (1 small, diced)
Hot pepper sauce (optional)
Shredded cheddar cheese (4 oz.)
Tortillas (4 flour)

Equipment:

Electric skillet
9x9x2 baking dish
Mixing bowl
Spoons
Aluminum foil
Microwave oven

Prep:

Preheat oven to 350° F. In a large mixing bowl, blend the eggs until eggs are smooth. Brown sausage. Add sausage, tomatoes, hot pepper sauce to blended eggs. Pour mixture into a lightly oiled 9x9x2 baking dish and cover with foil. Bake for 20-25 minutes until eggs are set and thoroughly cooked. Cut baked egg mixture into 4 equal pieces and roll piece of cooked egg in each tortilla.

Alternate cooking method: Pour mixture into a lightly oiled skillet on medium to low heat and cook until set.

Wrap tortillas in plastic and microwave for 20 seconds until warm. Be careful when unwrapping the tortillas, the steam can be hot.

Serve each burrito topped with 2 tablespoons of salsa.

Serves 4.

*May need to double or triple recipe depending on the number of students.

Tasting Party—Activity #2

Materials Needed:

Choose a variety of fruits and vegetables. Select approximately 6-8 different types of foods. This is only a tasting party not a whole meal deal!

Some suggested foods:

Jicama
Carambola (star fruit)
Kiwi fruit
Papaya
Mango
Pickled okra
Zucchini
Radish (Daikon)
Hominy
Avocado
Tangerines

Objectives:

- Students will be encouraged to try new foods
- Students will gain knowledge of a variety of unusual fruits and vegetables.

Introduction: Students seldom refuse to eat foods they have helped prepare. Do not force students to eat foods. Encourage them to taste. Tasting new foods is the best way to expand a child's appreciation for a variety of food.

Instruction:

All students must wash hands prior to preparing food. Review rules safety. Assign each student or groups of students to prepare one of the fruits and vegetables. Prepare the food into bite-size pieces and arrange on serving trays or plates.

Talk about the nutrient value and country of origin for each food item. After you have chosen several fruits and vegetables, go to the following web address to obtain country of origin and nutrients available for the selected food items.

<http://www.epicurious.com>

Go to web page with the above address, select the box "Epicurious foods—For people who eat," then scroll to the bottom and select dictionary. Type in a food name and information about that food choice will appear.

After everyone has tasted the different food items, discuss which fruit or vegetable is the most unusual, the juiciest, and the class favorite. Finally, ask them if they will encourage their family to try one of the food items tasted.

Russia—Background

Russia includes more than 100 nationalities, with Slavics or Slavs as the largest ethnic group. Russia is now the official name of the country whose name was the Union of Soviet Socialist Republic (USSR).

According to a Russian saying, you should “Eat breakfast yourself, share the dinner with a friend, but give the supper to your enemy!” This shows the importance of the first meal of the day. During the week, breakfast is usually eaten at about 8:00 a.m. It is a very filling meal that gives people enough energy for the first and most productive part of the day. Dinner is considered the main meal of the day and usually eaten between 12-2:00 p.m.

The potato is a staple food for Russians. Russia grows more potatoes than any other country—about 30 % of the world’s potato crop. Bread is one of the most important foods as it is in most countries. With such a variety of ethnic cultures and cuisines spread over millions of miles it would be difficult for a visitor to sample them all.



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Utah State University Cooperative Extension is an affirmative action/equal opportunity institution.

Source: Plotkin, Gregory & Rita, Cooking the Russian Way. 1986

Russia— Food Lab #1

Name of Recipe: **Pirozhki** (pee-ROZH-kee)

Grocery & Equipment Lists

What to Buy:

Flour (3 cups)
Eggs (2)
Sour cream (1 cup)
Salt (1/2 teaspoon)
Potatoes (5 medium)
Onion (1 medium)
American cheese (3 slices)
Margarine or butter

Equipment needed:

Saute pan (medium size)
Stock pan (large)
Measuring cups
Measuring spoons
Drinking glass
Wooden spoon
Colander
Serving dish
Potato masher

Prep:

Boil potatoes, drain, and add onion sauteed in margarine or butter. Add cheese and mash. Set aside. Combine flour, eggs, sour cream and salt. Knead together for 10 minutes. Divide into 3 portions. Roll out dough, cut into approximately 2" rounds using the open end of a glass. Put the round in the palm of your hand. Place a spoonful of filling in it, fold over to form a half circle and press the edges together with fingers. Be sure the edges are sealed well to prevent the filling from running out. Place about 1 1/2 dozen pirozhki into half a kettle of boiling water for 5 minutes. Stir VERY gently with a wooden spoon to separate them and to prevent them from sticking to the bottom of the pot. Drain. Add butter and onions, serve warm.

A job for everyone:

Assign one or two students to peel and chop potatoes into 1" cubes.
Chop and saute onion—1 student
Prepare the dough—1 student
Roll out dough and cut into rounds—3 students
Fill the rounds with the mashed potatoe mixture—everyone
Boiling the pirozhki and draining—1 student with a gentle hand!

Russia– Food Lab #2

Name of Recipe: Kompot (kom-POHT)

Kompot is a drink that makes an excellent dessert or snack, and it can also be served instead of punch or soft drinks.

1 lb. assorted fruits (or any one kind of fruit)

6 cups water

1/2 to 2 cups sugar

1 cinnamon stick

1/8 tsp nutmeg

1. Wash fruit in cold water and cut into small pieces (cut apples and pears into quarters, plums in half and leave berries whole.) Remove pits and seeds.
2. Place fruit in a large kettle and add 6 cups water. Bring to boil over high heat.
3. Reduce heat to low, add 1/2 cup sugar, and stir. Cover and simmer for 20-25 minutes.
4. Depending on the combinations of fruits you have used, you may have to add more sugar. (Add sugar sparingly– if kompote tastes sweet when hot, it will taste even sweeter when cold.)
5. Add cinnamon and nutmeg. Stir well.

Simmer for another 10 minutes. Serves 6.

Kompot can be served hot or cold.

Potato Diversity Activity

Materials Needed:

One potato for everyone in the class plus two extras

Basket to hold potatoes

Activity:

Pass the basket of potatoes around and instruct everyone to pick one. Ask everyone to study their potato. Get to know all the details of your potato. What characteristics or personality does your potato have, etc. Then choose a name for your potato. Give students about 5 minutes to do this.

Ask everyone to stand in a circle. As the instructor you may want to go first. Introduce your potato friend by its newly chosen name to the group. Give a quick description of the personality of your potato and why you chose its name. Are there any unusual markings or anything you want to point out to the group. Allow everyone to introduce their potato.

When everyone has completed introductions, instruct that all potatoes be put back into the basket. Set the basket in the middle of the room. Now, instruct everyone to find their potato again. When everyone is seated again, ask if anyone did not find their new potato friend.

Was it difficult to find your potato? Why or why not? How does this activity relate to people?

Sugar Activities-Activity - 1

Materials needed:

- ♦ Sink size plastic tub (water level needs to be 9-10 inches deep)
- ♦ An unopened can of regular soda (doesn't matter on the brand of soda, but must contain sugar)
- ♦ An unopened can of diet soda
- ♦ Bottle of oil and vinegar salad dressing (buy regular variety where it is obvious the oil and vinegar are separated).

Activity:

Have a student fill a plastic tub full of water. Leave the tub on a table where everyone can gather around and fill the tub with a pitcher. Water is very heavy and a tub of water may be too heavy to carry. Have another student place the unopened can of regular soda on its side on the bottom of the tub in the water. Let go.

- ♦ What happens?

Now a can of diet soda in the tub. Lay it on its side on the bottom of the tub. Let go.

- ♦ What happens?

Now ask the students—Why does a can of diet soda float? Why does a can of regular soda sink?

What Happened:

Regular soda is heavier than the same volume of diet soda because there's lots of sugar dissolved in the regular soda. Cans of both diet soda and regular soda tend to stand up because there's air trapped in the can. The air tries to rise through the water, but it can only get as far as the top of the can. This trapped pocket of air keeps the can upright.

Another way to describe why something floats is to talk about its density. Density is a way of measuring how compact something is. The density of water at 39° F is 1 gram per cubic centimeter, or about 1 pound per pint. Things that are more dense than liquid water will sink in water. Things that are less dense will float. That's why ice floats. When water crystallizes into ice, it expands. Since the weight hasn't changed, the ice is less dense than liquid water.

Show bottle of oil and vinegar salad dressing. Ask students—"Which has more density, the oil or vinegar?" "If we used water instead of vinegar, which would be more dense?"

Source: Pat Murphy, Ellen Klages, Linda Shore, The Science Explorer Out and About. 1997.

Sugar Activities—cont.

Materials Needed:

6 different brands of regular soda cans or bottles (Nutrition Facts label must be readable)

Sugar

Measuring spoons

6 clear drinking glasses or clear plastic cups

Stickers or labels

Writing pens

Activity:

Divide students into 6 groups if needed. Give each group a soda can. Ask each group to look at the Nutrition Facts label and find the word “Carbohydrates.” Then looking under the “Carbohydrates” name find “Total sugars.” The total sugars will be listed in grams. Have each group announce the total grams of sugar for their soda. Ask the students—“How much is 12 grams (or whatever amount listed on one of the cans) of sugar in a can of soda?” Give the students the magic formula to convert grams to teaspoons: $4 \text{ grams} = 1 \text{ teaspoon}$. For example: If a soda contains 12 grams of sugar, divide 12 by 4 which equals 3 or 3 teaspoons of sugar in one serving of soda. Instruct each group to convert grams into teaspoons and measure how many teaspoons of sugar their soda contains into a drinking glass. Label drinking glass with a team name. Line up all the glasses. “Which soda contains the most sugar?” Which soda contains the least amount of sugar?”

Alternate or Extended Activity:

Obtain a variety of cereal boxes. Using the above activity as a guide, calculate the amount of sugar per serving for each cereal.

China—Background

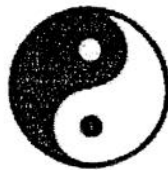
The basic foods of China are the same throughout the country, and cooking methods are similar. There are four main food regions in China.

Northern cuisine, which is centered around the capital, Beijing, includes Mongolian and Manchurian food dishes. You may recognize Peking duck, a famous dish from this area. Wheat is the main crop and it is made into noodles, steamed bread, and dumplings. **Eastern cuisine** is located around the seaport of Shanghai. The foods from this area are rich, sweet, and contain a lot of fat and oil. Fish and shellfish are popular foods. A technique popular in this region is "red cooking." The food is cooked slowly in dark soy sauce which gives a reddish color. Probably the best-known food outside of China is **Southern or Cantonese cuisine**. Unusual ingredients are used such as snakes, turtles, sea urchins, and shark fins. Food is lightly cooked or stir-fried. Popular foods from this area include sweet and sour pork, dim sum, and wontons. **Western cuisine or Szechwan** features foods from the provinces of Szechwan and Hunan. These foods are generally hot and spicy. Popular spices used are ginger, garlic, red chili peppers, and little aromatic red peppercorns. Foods which you may have eaten from this region include hot and sour soup and fragrant crispy duck.

Chinese cooking is simple and includes four main cooking methods: stir-frying, steaming, slow cooking or braising, and deep-frying.

Yin and Yang. Have you ever wondered what this symbol means? It does not stand for a particular karate school or type of surfboard. It actually represents the ancient Chinese understanding of how things work. The outer circle represents "everything", while the black and white shapes within the circle represent the interaction of two energies, called "yin" (black) and "yang" (white), which cause everything to happen. They are not completely black or white, just as things in life are not completely black or white, and they cannot exist without each other. Yin is represented as black and Yang as white. When Yin and Yang apply to foods, all foods belong to one of three groups. Yin are cooling foods, Yang are heating foods, and Yin Yang are those in the middle, such as bread and rice. To create a perfectly balanced healthy meal, the Chinese believe all three elements must be blended together. Great importance is placed on blending food flavors—sweet and sour or hot and sour as examples.

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China – Food Lab #1

Name of Recipe: Cooking Rice

Rice is the mainstay of people in the orient. Rice provides carbohydrates, iron, B vitamins, and some minerals. The popularity of rice is increasing in the United States.

1 cup uncooked white rice (do not rinse)
2 cups cold water*
1 tsp margarine or butter
1/2 tsp salt

1. Combine all ingredients in saucepan, stirring once or twice.
2. Bring to a rapid boil. Reduce heat; cover pan with tight-fitting lid.
3. Simmer about 20 minutes until rice is tender and liquid is absorbed.

*For each 1,000 feet of elevation, increase water by 1 tsp and increase cooking time by 1 minute.

China – Food Lab #2

Name of Recipe: Easy Stir Fry

All ingredients can be prepared and set aside.

Aromatics Choose one or more of the following:	Primary Vegetables Prepare 3 cups (chopped or diced) of any combination of the following:	Protein Prepare 1 pound of any of the following:	Seasonings Sauces Choose and prepare one of the following sauces:	Coloring vegetables Shred 1-2 cups of one or more of the following:
2 Tbsp fresh parsley, minced 2 Tbsp onion, minced 3-4 medium garlic cloves, minced Pinch of red pepper, crushed	Asparagus* Bean Sprouts Bell Pepper Broccoli* Brussel Sprouts Carrots* Cauliflower* Celery Eggplant Green onions Green or Yellow Beans Mushrooms Onions Potatoes* Snow Peas Summer Squash Zucchini *Steam for 3-5 minutes	Lean Beef Lean Pork Chicken Breasts, skinless, boneless Shelled shrimp or clams Fish fillets, fresh or frozen ** NOTE: These ingredients should be cut into chunks and precooked OR Tofu chunks	Sauce 1: Combine 1/2 cup water, 2 Tbsp. ketchup, 1 tsp brown sugar, 1 tsp oregano or Italian seasoning, and 1 tsp cornstarch. Stir well. Sauce 2: Combine 1/2 cup water, 2 Tbsp soy sauce, 2 Tbsp lemon juice, 1 tsp grated lemon rind, and 1 tsp cornstarch. Stir well.	Beet greens Bok Choy Cabbage Curly Endive Spinach Turnip Greens

1. Warm a wok or large, heavy skillet over high heat until a drop of water evaporates on contact. Pour 2 Tbsp oil in a thin stream around the edge of the pan.
2. Add aromatics all at once in wok or skillet. Cook and stir often until fragrant (about 10 seconds.)
3. Add about half of the primary vegetables. Stir-fry 2 to 3 minutes, stirring constantly, until vegetables are crisp-tender. Remove from wok or skillet. Stir-fry remaining vegetables. Remove from wok or skillet. Note: Add 1 tablespoon water if vegetables stick to pan.
4. If using raw protein, add to wok now. Stir-fry 3-5 minutes. Add 1-2 Tbsp additional oil if necessary. Place cooked vegetables back in pan. Add pre-cooked protein foods.
5. Add seasoning sauce. Stir constantly until the sauce bubbles and thickens. Add coloring vegetables. Toss well to coat with sauce. Cover and steam 3-5 minutes until hot. Serve with rice or noodles.

Name of Recipe: **Fortune Cookies**

Grocery & Equipment Lists

What to Buy:

4 tablespoons flour
2 tablespoons brown sugar
1 tablespoon cornstarch
2 tablespoon vegetable oil
1 egg white
3 tablespoons water
1/2 teaspoon grated lemon peel
Non-stick cooking spray
Paper "fortunes"

Equipment:

Mixing bowl
Measuring cups
Measuring spoons
Electric skillet
Paper cups

Prep:

Prepare batter according to the recipe on page 20 of the student cookbook. Paper fortunes should already be copied and cut.

A job for everyone:

It may be easier to have the batter made ahead of time. Divide students according to the number of electric skillets. Cook the batter according to the directions. Three to four cookies should fit into an electric skillet. Every student should assist in placing the fortune inside and forming the cookies after the batter has cooked.

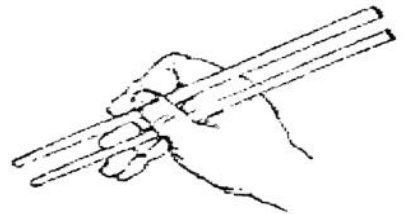
Chopsticks—Activity #1

If you regard eating with the fingers as natural, then just think of chopsticks as an extension of your fingers.

Think of the chopstick as a pair of prongs, the only difference being that there are two separate parts or sticks. One stick is held in stationary position and the other is moved.

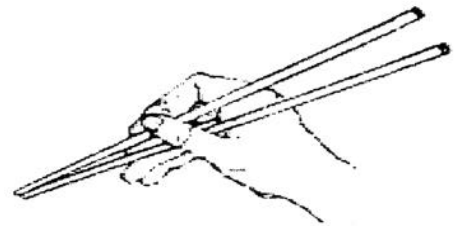
1. Take one stick first and hold it in your right hand in the way you would normally hold a pencil. If the stick has a thick and a thin end, hold it so that the thick end is on top.

2. Keeping the fingers in this position, turn your hand inward until the stick is horizontal to the table and parallel to your body.



3. Relax your fingers slightly and slide the stick to the left until your thumb and forefinger are clamping the stick at about its mid-point. The thumb should not be bent nor rigidly straight. All your fingers should be curved slightly inwards with the middle finger in contact with the underside of the stick and the nail of the middle finger protruding towards your body. The third (ring) finger should be in line with the middle finger but its nail should protrude beyond the middle finger towards your body.

4. Now, take the other stick with your left hand and let the thick end rest on the protruding part of the ring finger of your right hand. Slide the stick towards the right, touching the tip of the middle finger and passing under the thumb until the thick end rests at the base joint of your forefinger. This is the stationary position of this stick, and it should be roughly parallel to the first stick.



5. Alternately bend and extend your forefinger and middle finger, letting the first stick PIVOT at the thumb. The thin tip of the moving stick will touch that of the stationary stick when you bend the two fingers. Don't hold the sticks rigidly. Hardly any pressure or strength is needed to grasp things at the tip of the chopsticks. The chopstick is multipurpose; it serves the Japanese as fork, knife and spoon. They eat soup with it, they cut food into small morsels with it; and they use it to pick up food and carry it from the plate to the mouth. You can do it, too.